

Your Money's Worth in Foods

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Foreword

THIS bulletin has been prepared to meet the requests of county and township officials and others for information on what foods to include in low cost diets to maintain health. Suggestions, menus, and recipes are given to assist the homemaker and others in planning for an adequate diet for a family with a minimum food budget.

That it may be helpful to home demonstration agents, social workers, public officials, and homemakers is the hope of the author.

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Your Money's Worth in Foods

WHAT mother is not interested in having her family well, strong, and happy? One of the most important factors in family health is having the right kind and amount of food. It is necessary, then, that the mother should know what foods she should have each day for her family. The money cost of food is no guide as to what foods to choose, for a large amount of money spent does not necessarily insure a wisely selected diet. However, money wisely spent for food is one of the best kinds of health insurance.

To be adequate nutritionally, food must provide all the materials needed to build and repair tissues, to provide for all activity, and to regulate the body processes. This gives food every opportunity to contribute its share to the maintenance of health and growth. Science has found that this can be done by the mixed diet.

When the income is limited, one of the first things to be considered is how to secure the food as cheaply as possible without sacrificing the nutritive value. In the low cost diet it is necessary to increase the amount of foods from cereal grains, for these are always inexpensive.

SUPPLYING FOOD NEEDS AT LOW COST

An inexpensive and nutritious diet can be selected from the following six food groups: cereals; milk and cheese; eggs, lean meat and fish, and legumes; fruits and vegetables; sugar; and fats.

Cereals

Cereals are a cheap source of energy material and furnish an excellent means of using milk. Cereals furnish a fair quality of muscle building material. The whole grain cereals are a far better source of minerals (especially iron), vitamins, and bulk, than the refined cereals.

The cooked cereal is less expensive than the ready to serve cereal, and usually the warm full-flavored cereal is less likely to be monotonous. Other whole grain cereals may be used for variation.

Whole wheat is an excellent cereal. It may be used whole, it may be cracked or ground into meal for breakfast food, or it may be ground into flour. Many like to parch the wheat in the oven and then crack it by grinding it through the coffee mill. The parching gives a delicious nutty flavor to the wheat and makes it

easier to grind. To make the whole wheat easier to prepare at meal time, many like to prepare a large quantity at one time and then can it. (For directions see recipe, page 10.)

Milk and Cheese

Milk is always one of the best food investments that it is possible to make. It gives your children the chance for health they ought to have. It helps them grow, keep well and build strong, vigorous bodies. Milk is often called a protective food and it should be used liberally; one quart for each child and at least a pint for each adult per day is a good rule to follow. With this amount of milk we have a good guarantee of a safe amount of Vitamin A. Vitamin A helps a child to grow, to keep colds away and also to keep the eyes in a healthy condition. The quart of milk a day gives a large share of the necessary lime. The lime is essential for building of strong bones and good teeth.

When fresh milk of good quality is not available, it is possible to get dried whole milk or evaporated milk. In some dairy districts skim milk may be obtained at very low cost, but must be supplemented by other foods high in Vitamin A such as egg yolk, green vegetables, butter or cod liver oil.

Cheese is valuable for its flavor as well as its food value. The cream cheese may be combined with potatoes, macaroni, rice, etc., to make very satisfactory meat-like dishes. Cottage cheese is an excellent food. It is inexpensive and there are many ways in which it may be served. Combined with ground raw carrots it makes delicious sandwiches.

Eggs; Lean Meat and Fish; Legumes

Eggs are especially important in the diet of young children. They should be supplied at least three or four times a week for the children, even if not provided freely for adults. The egg yolk is the most important part because it contains the minerals (especially iron and phosphorus), and vitamins A, B, and D. Vitamin B promotes growth, stimulates the appetite, and helps to keep the nerves healthy. Vitamin D is essential in building bones and teeth and in preventing rickets.

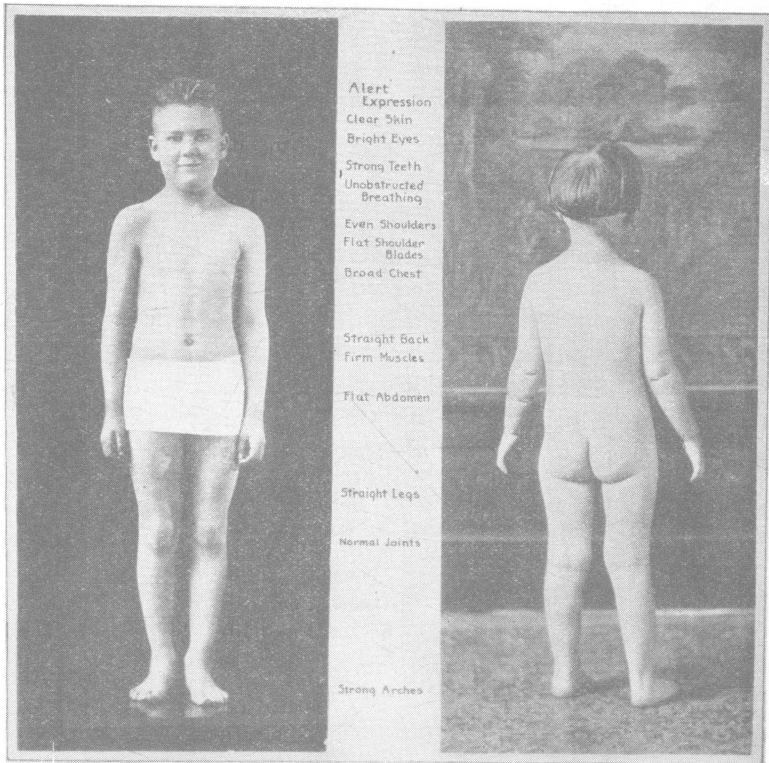
Meat.—The amount of meat cannot be large, for it is an expensive food. When the amount of money for food is limited, meat should be regarded as a source of flavor and fat. Meat is appetizing and is desirable, especially for adults. It is an excellent

source of protein and iron. This means that the small amount of meat allowed will give best results if prepared in ways where it is mixed with other foods to extend the flavor.

Less expensive cuts of meat may be used in soups, stews, meat loaf, and pot roast to make delicious satisfying dishes. The glandular organs are especially good sources of vitamins and minerals, and are often less expensive than other forms of meat.

Fish.—Locally caught fish, salt fish such as cod and haddock, inexpensive cans of salmon, and dried fish are all forms of protein which may be used.

Legumes.—Dried beans and peas are inexpensive and may be used occasionally in place of meat. Peanut butter is a cheap food and affords a variety in the menu. It may be used for sandwiches, or it may be combined with rice, spaghetti, or macaroni, and makes an attractive escalloped dish.



FOOD MAKES A DIFFERENCE

WELL DEVELOPED CHILDREN ARE THE PRODUCTS OF SLEEP AND REST, EXERCISE AND PLAY, FRESH AIR AND SUNSHINE, CORRECTION OF PHYSICAL DEFECTS, AND BALANCED DIET.

Fruits and Vegetables

These foods are important sources of minerals and vitamins. Dried fruits and vegetables must be to a large degree substituted for fresh ones. In a low cost dietary, special care needs to be taken to have foods which are high in Vitamin C. This vitamin is necessary for growth, and helps to keep the teeth and gums healthy, and the joints from getting sore.

Tomatoes, fresh or canned, raw cabbage, turnips, onions, and raw carrots, are all inexpensive sources of Vitamin C and are usually available in any community. Other fresh vegetables and fresh fruits may be used in season. Of course, foods in season are much cheaper than those out of season. Bananas are usually cheap, and at certain seasons so are apples and oranges. Tomatoes may take the place of fruit in the meal. They add color and flavor as well as nutriment to many of the one-dish meals that predominate in the low cost diet. For small children, when citrus fruits, as oranges, are too expensive, tomatoes may well be used.

Vegetables should be cooked so as not to destroy or lose the minerals and vitamins. All vegetables except potatoes should be cooked in the least amount of water for the shortest possible time. Steaming or baking are the most desirable methods.

Sugars

Sugars and syrups, because of their attractive flavor and cheapness, are often found in too large amounts in the low cost diets. These may displace other more important foods. Cane molasses contains lime and iron, so it may well be used to replace cane sugar. Honey and maple syrup are excellent sources of sugars, and may be used to advantage by those who produce them. The total amount of sweets should always be moderate.

Fats

Fats are needed as sources of energy and to make the high cereal diet palatable.

When there is a liberal use of milk and the amount of money is limited, butter may be used sparingly and all other forms of fats increased. Cream may be taken from the milk and the remainder used as skim milk for cooking or drinking.

Cod liver oil is a most important source of Vitamins A and D. Since we do not have much sunshine during the winter months in Ohio, it is wise to use cod liver oil each day. One teaspoon of cod liver oil a day for each child is a safeguard to health.

Important Points to Be Considered in Making a Market Order

Bread Stuffs.—Stale bread is just as nutritious as fresh and can usually be purchased for half price.

Whole grain cereal and breads, used as often as possible.

Inexpensive cereals are:

Whole wheat	Macaroni	Spaghetti
Cracked wheat	Grits	Hominy
Cornmeal	Rice	

Milk.—Milk is the one food for which there is no adequate substitute, and compared with other foods is always cheap, regardless of whether it is produced or purchased. One quart per day for each child over one year old, and at least one pint for each adult, is recommended.

Minimum for each child under two years of age is seven quarts fresh whole milk per week.

Minimum for each other child is at least five quarts of fresh whole milk per week or equivalent amount of canned or dry milk.

Minimum for adults is one to two quarts of milk per week.

It is advisable to increase the amount of milk over the minimum whenever possible.

Eggs.—If egg supply is limited, serve the children first. Egg yolk is the most important part of an egg.

For the child under three years of age, it is desirable to use at least three eggs per week.

Meat and Fish.—Cheaper cuts of lean meat are quite as nutritious as the more expensive cuts, and the flavor is equally as good.

Inexpensive cuts are:

Beef—Shank or knuckle or tail.

Flank, plate, neck, chuck, brisket.

Kidney, heart.

Veal—Breast, shank, neck, shoulder, heart, kidney.

Pork—Head, shoulder, shank, neck, hock, feet, butts, liver.

Salt pork and bacon are means of building up the fat content of the diet.

Lamb and mutton—Neck, shoulder, shank, heart, flank.

Fish—Salt fish, haddock, salmon, locally caught fish.

Game—Local.

Legumes.—The best sources of protein (aside from milk) in low cost meals is legumes, including:

Peanuts, especially peanut butter.

All forms of dried beans.

Peas.

Lentils.

Vegetables.—Potatoes, dry beans and peas, rice or macaroni may furnish the starchy dish.

A good serving of at least one other vegetable each day should be eaten. Such vegetables which are likely to be inexpensive are:

Onions	Beets	Canned tomatoes or
Cabbage	Turnips	spinach
Carrots	Rutabagas	Any vegetables, if home grown

Fruits.—Usually apples are cheap if grown in the locality.

Bananas if ripe.

Dried fruits in bulk; medium sized prunes are a better buy than the smallest or largest; irregular and small apricots, peaches, pears, and apples are cheaper than the uniform size large fruit.

Fats.—Lard and certain vegetable fats are the cheapest forms of fat, but it is well to supplement these fats with milk fat. Butter and certain other fats contain fat soluble vitamins not found in lard.

Sugar.—Pure sugar provides only energy to the body. Dark molasses is a better form of sweet, as it contains in addition some important minerals.

Honey and molasses, if home produced, are an inexpensive and good sources of sweet.

PLANNING MEALS

To combine the foods listed on preceding pages into satisfying meals is the problem. It requires careful planning to make the meals palatable and nutritious when using such a large amount of cereals, and so little meat. For a family of five, when a small amount of meat is to be used, the following suggestions might be helpful. For example, if we had 6 pounds of meat for the week, the dinners might be planned as follows:

Suggested Dinners for a Week

Four meat dinners, using the cheaper cuts of meat in soups, stews, meat and vegetable pies. A small amount of meat may make a large amount of vegetable and cereal combination very appetizing. The skillful use of onions, carrots, celery, and tomatoes in small amounts makes stews and soups more appetizing, as well as adding attractiveness to meals.

One fish dinner.

One dinner with dried beans, peas, lentils, as the main dish. (No meat is necessary.)

One dinner with macaroni and cheese, rice and cheese, or other cheese dish as the meat-like dish.

With the above dinners, potatoes and one other vegetable or fruit should be served each day. On some occasions the vegetables may be served raw as a salad.

A dessert is not absolutely necessary, but adds interest and flavor to the meals. Some inexpensive and very good ones include bread, rice, or Indian pudding.

LOW COST MENUS

Breakfast

Cornmeal mush—
 Fried and served with corn sirup for
 adults;
 Steamed and served with milk for
 children
 Bread
 Coffee for adults
 Milk for children
 Apple sauce or tomato juice for children

Dinner

Casserole of rice and chopped meat and
 tomato
 Mashed potatoes
 Shredded raw cabbage (seasoned with
 salt, sugar, and little vinegar)
 Brown betty
 Coffee for adults
 Milk for children

Supper

Bean soup
 Bread and butter
 Sliced bananas
 Gingerbread
 Milk for children

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Sliced bananas
 Whole wheat toast
 Coffee for adults
 Milk for children
 Toast

Macaroni and cheese
 Buttered carrots
 Bread and butter
 Indian pudding
 Milk for children
 Coffee or tea for adults

Creamed eggs
 Baked potatoes
 Bread and butter
 Apple sauce
 Milk for children

Whole wheat, milk, sugar
 Toast
 Coffee for adults
 Milk-cocoa for children

Beef stew, with potatoes, onions and
 carrots
 Whole wheat bread and butter
 Bread pudding
 Milk to drink
 Coffee or tea for adults

Kidney bean stew
 Cabbage slaw
 Rye bread and butter
 Brown betty
 Milk

Recipes

These recipes will serve six people

Abbreviations:

t=teaspoon
T=tablespoon

c=cup
qt.=quart

TIME TABLE AND PROPORTIONS FOR COOKING OF CEREALS

1 c. rolled oats.....	2 c. water, ½ t. salt.	Cook 1 to 2 hours
1 c. oatmeal.....	4 c. water, 1 t. salt.	Cook 3 hours
1 c. wheat (soaked 24 hrs.).....	2 c. water, ½ t. salt.	Cook 6 to 8 hours
1 c. granular wheat.....	4 c. water, 1 t. salt.	Cook ¾ to 1 hour
1 c. rice.....	4 c. water, 1 t. salt.	Cook 1 hour

GENERAL DIRECTIONS FOR COOKING CEREALS

Stir cereals gradually into the required quantity of boiling salted water. Cook cereals directly over the heat for about ten minutes, stirring to prevent sticking; then continue the cooking over boiling water until thoroughly cooked.

It is a good plan to cook the cereal the evening before and reheat in the morning.

If children do not like cereal, try using from ½ to 1 cup more water in the cooking.

Fruits, such as dates, raisins, or prunes may be added to give variation if amount of money available is not too limited.

CANNED WHOLE WHEAT

Since whole wheat requires a long time to cook, many have found it desirable to cook a large quantity at a time and then can it.

Soak the wheat for 24 hours, fill clean hot jars three-fourths full with the wheat, then add one teaspoon salt and water up to ½ inch of top of jar. Place rubber on jar, adjust the lid for canning, and place jar in sterilizer. Process four hours in hot water bath (or until the wheat kernels burst) or 2 hours at 15 pounds pressure in pressure cooker.

CORN MEAL MUSH

1 c. cornmeal ½ t. salt
1 qt. boiling water

Sift cornmeal into boiling water. Boil directly over fire for five minutes in upper part of double boiler. Place over lower part of boiler and continue cooking for several hours. Serve with milk.

PLAIN COOKED HOMINY

2 c. hominy 1 t. salt
2 T. butter

Heat together and serve. One cup of chopped meat may be added.

CREAMED HOMINY

3 c. hominy 2 T. flour
2 c. milk 1 t. salt
2 T. butter

Make a white sauce of milk, butter and flour. Add the hominy and reheat. One-half cup of grated cheese may be added to the white sauce to give variation.

CREAM OF SPINACH SOUP

4 c. milk	2 c. cooked spinach and juice
2 T. flour	chopped or rubbed through
4 T. butter	a coarse sieve
1 t. salt	

Add the hot pulp and juice to the hot, thin white sauce, and serve.

Turnips make a very pleasing soup. Other vegetables which may be used are corn, peas, celery.

BEEF SOUP

Soup shank	1 c. diced carrots
1 c. diced celery	2 T. minced green pepper
2 slices of onion	2 c. tomato

Wipe the soup shank with a damp cloth, crack the bones, and cut the meat into pieces. Place bones, meat, fat, and marrow in a large kettle which has a tight-fitting cover. Add cold water in the proportion of a pint to each pound of material if you desire a rich stock and a quart per pound if you desire light stock. Heat slowly to the bubbling point and add salt; simmer from 4 to 10 hours.

Other seasonings may be tied in a cloth and left for an hour or two in the stock.

VEGETABLE SOUP

2½ lb. soup bone with meat	1 c. sliced turnip
3 qts. water	1 c. diced onion
2 c. shredded cabbage	2 c. tomato
1 c. minced carrot	2 T. salt
2 c. sliced potato	

Add cold water to the meat and heat slowly to the boiling point. Do not allow to boil but simmer until about half done. Add shredded or chopped vegetables according to time required to cook, adding tomato last. Serve hot.

BEAN SOUP

Bean soup may be made with any one of several kinds of beans—navy, lima, red kidney, black, pinto, and soy beans.

Half a pint of dried beans will be enough for a family of five. Soak the beans overnight in a quart of water. Cook in the same water until very soft. If the flavor of onion is desired, cook one or two slices with the beans. A fireless cooker is excellent for cooking the beans. Mash the beans through a sieve when they are done. Add milk or meat broth, enough to make up a full quart.

All bean soups should have a little flour added to them as a binder to prevent the thick part from settling to the bottom. Mix a tablespoon of butter with a tablespoon of flour. Add a little of the hot soup and stir until smooth. Add the remaining soup and salt and pepper, to season. Heat to boiling, then cook in a double boiler about 10 minutes. Celery or any other appropriate vegetables may be cooked with the soup.

CREAMED VEGETABLES

Use one-fourth to one-half as much medium white sauce as cooked vegetable. Almost any vegetable or combination of vegetables may be served creamed. Some that are especially attractive are: potatoes, peas, asparagus, onions, turnips, potatoes and carrots, peas and carrots, and potatoes and peas.

Proportions for White Sauce

	Milk	Flour	Fat	Salt	Used for
Thin	1 c.	$\frac{1}{2}$ to 1 T.	1 T.	$\frac{1}{4}$ t.	Creamed soup
Medium	1 c.	2 T.	2 T.	$\frac{1}{4}$ t.	Creamed vegetables, escaloped vegetables
Thick	1 c.	3 to 4 T.	2 T.	$\frac{1}{4}$ t.	Croquettes, some escaloped dishes

Method.—Melt fat, add flour and salt and blend. Add milk and cook until thick, stirring constantly (over direct fire, cook 5 to 6 minutes; in double boiler, cook 15 minutes).

To add variety, the flour may be browned first. In using browned flour, a little more flour is necessary than the amount called for above.

BAKED ONIONS

Select onions of uniform size. Without peeling, place in a pan with just enough water to keep from sticking. Bake in moderate oven until tender. With the point of a sharp knife, slit the outer layers and slip out the onion, into a hot dish. Season with salt and fat. Serve at once. These onions should be excellent in flavor and can be peeled without discomfort.

ESCALLOPED TOMATOES

4 c. tomatoes	$1\frac{1}{2}$ c. dry bread crumbs
1 t. salt	or broken crackers
1 t. onion (if desired)	3 T. melted fat

Grease a baking dish. Add alternate layers of seasoned tomatoes and bread crumbs. Cover with crumbs and bake until brown.

SPANISH RICE

1 c. rice	1 t. salt
2 c. water or meat broth	2 T. drippings
2 c. tomato juice	

Wash rice. Place in buttered baking dish and add the remaining ingredients. Bake in a moderate oven for about one hour. Rice or macaroni served in this way takes the place of potatoes.

MACARONI AND MEAT WITH TOMATOES

$\frac{1}{2}$ c. macaroni	Pepper
1 small can tomatoes	1 slice onion (chopped)
Salt	$\frac{1}{2}$ lb. ground pork or beef

Cook macaroni in boiling salted water. Brown the meat in frying pan, add tomatoes, chopped onion, cooked macaroni, and seasonings. Mix the ingredients and cook until the meat and macaroni are well flavored with tomato.

MACARONI AND CHEESE

2 c. macaroni or spaghetti	3 c. medium white sauce
broken in inch pieces	$\frac{1}{4}$ lb. full cream cheese

Cook macaroni in boiling salted water until tender. Drain and pour 1 c. cold water through the macaroni. Make the white sauce, stir in cheese cut fine and heat until cheese is melted. Add macaroni, and heat. Serve. Hominy or rice may be substituted for the macaroni.

Variations—Tomato sauce may be substituted for the white sauce.

MACARONI AND CHICKEN

1 $\frac{1}{2}$ c. macaroni, broken in	2 c. medium white sauce
inch pieces	1 c. minced chicken
$\frac{1}{2}$ c. buttered crumbs	

Cook macaroni in boiling salted water until tender. Drain and pour 1 cup cold water through the macaroni. Fill baking dish with alternate layers of macaroni, chicken, and white sauce. Cover with buttered crumbs. Bake 30 minutes.

CHICKEN LOAF (Canned or Leftover Chicken)

3 or 4 lbs. chicken	2 to 3 c. bread crumbs
	1 or 2 eggs

Chop, or put chicken through the meat grinder. Add bread crumbs, and slightly beaten egg, season with salt and a little pepper. Make a thick gravy out of 1 $\frac{1}{2}$ cups of broth. Add enough of this to the chicken and bread crumbs to mold it into a loaf. Bake the loaf until brown. Cut in slices and serve with a spoonful of giblet sauce.

Giblet Sauce

Cut up the giblets in remaining broth and thicken as for gravy.

ESCALLOPED POTATOES WITH HAM

3 T. butter or drippings	2 $\frac{1}{2}$ c. milk
4 T. flour	4 c. raw potatoes $\frac{1}{8}$ in. thick
$\frac{1}{2}$ t. salt	1 c. ham cubes

Make the white sauce of the butter, flour, milk, and salt. Arrange the potatoes and ham in a greased baking dish. Pour over the white sauce. Cover and bake in a moderately slow oven for an hour. A hot oven causes the milk to have a curdled appearance. Remove cover to brown, and finish cooking.

SCRAPPLE

7 c. water	3 t. salt
2 $\frac{1}{2}$ c. cornmeal	2 c. cooked meat in small pieces

Make a mush by stirring the cornmeal into boiling salted water. Add meat and cook 2 to 3 hours in double boiler or fireless cooker. Put in mold to cool. Slice and saute in hot fat.

Scrapple may also be made by using in place of the meat the cracklings from which fat has been fried out.

PORK CHOP SUEY

1½ to 2 c. shredded cooked lean pork	1 green pepper, shredded
2 c. shredded onion	2 T. fat
2 c. shredded celery	1 T. cold water
2 c. meat broth or thin gravy	1 t. cornstarch
	Salt to taste

Brown the meat lightly in half the fat and remove from the skillet. Cook the pepper and onion in the rest of the fat a few minutes. Add the celery, meat, salt, broth or gravy, cover, and simmer for 5 minutes. Mix the cornstarch and water until smooth, stir into the mixture, and cook for a few minutes longer. Serve with hot rice.

BAKED LIMA BEANS AND PORK

2 c. lima beans	2 T. flour
3 to 4 c. cubed pork	1½ t. salt
2 T. lard	2 c. stewed tomatoes
3 sliced onions	Pepper

Soak the lima beans overnight; then boil them until soft in salted water and drain. Cut the meat in small pieces and put in frying pan with lard and sliced onions. Stir in flour, salt and pepper. Place alternately in layers with the beans in a baking dish or casserole, spreading tomatoes between the layers. Barely cover with boiling water and cook for three hours in a moderate oven (325°F). Add to the water when necessary to keep the mixture moist. This serves from eight to ten persons.

LIMA BEANS AND BACON

1 lb. lima beans	1 t. salt
1 or 2 onions if desired	¼ lb. bacon

Soak lima beans overnight. Cook until tender (beans should be rather dry). Cut bacon in small pieces and brown if desired. Add one or two onions cut fine, and brown. Add beans and simmer for a few minutes.

ESCALLOPED KIDNEY BEANS

2 c. cooked red kidney beans	¼ c. chopped onion
½ c. raw rice	2 T. drippings or butter
2 c. tomato	1 t. salt
1 c. diced celery	

Use canned or cooked dried kidney beans. Parboil rice 5 minutes. Arrange beans and rice in layers in casserole. Mix tomato, onion, fat, celery, and salt; add to mixture. Bake in moderate oven until rice and onion are done.

CODFISH AND POTATOES

2 c. shredded codfish	3 c. mashed potatoes
(Freshen codfish slightly by standing in boiling water)	2 T. butter or drippings
	Hot milk (about ½ cup)
	1 egg

To the mashed potatoes, add the codfish, the butter, and milk. Beat until the mixture is light. Add the egg which has been well beaten. Turn the mixture into a greased pan and bake in moderate oven until brown—from 20 to 30 minutes. (Canned salmon or tuna fish may be used in place of codfish.)

FISH FLAKES WITH TOMATO SAUCE

1 c. tomato juice	$\frac{1}{2}$ t. salt
2 T. flour	1 can fish flakes
2 T. butter	

Melt the butter, add flour, salt, and blend thoroughly. Add tomato juice and cook with flour, stirring constantly. Add fish to sauce. Place in baking dish, cover with buttered crumbs, and bake.

SPOON CORN BREAD

3 egg yolks	1 t. baking powder
3 egg whites	2 c. scalded milk
1 c. cornmeal	2 c. cooked rice
1 t. salt	

Pour milk while scalding hot over cornmeal and stir in other ingredients, adding the beaten egg whites last. Bake in a buttered baking dish 45 minutes.

DRIED FRUITS (General Directions)

Wash the fruit and put to soak in warm water to cover. Let soak several hours or overnight. If pan is placed where it can be kept warm, no additional cooking may be required, and the flavor resembles more nearly that of the fresh fruit. Prepared in this way, dried fruits needs little or no sugar. A few grains of salt is an addition to any fruit sauce.

JUNKET

1 qt. milk	Few grains salt
2 T. water	1 junket tablet
4 T. sugar	1 t. flavoring.

Crush the tablet and dissolve in the water. Heat milk with sugar and salt until barely lukewarm (test for lukewarm—a drop on the wrist is the same temperature as the skin). Add the dissolved junket tablet. Stir until evenly mixed. Pour into wet mold or cups. Let stand at warm room temperature until set. Chill and serve.

Note: Dots of jelly, preserves, or sugar mixed with cinnamon may be added at the time of serving. Served with fresh berries, it is good.

CORNSTARCH PUDDING

1 pt. milk	$\frac{1}{4}$ t. salt
$\frac{1}{4}$ c. sugar	$\frac{1}{2}$ t. vanilla
4 T. cornstarch	$\frac{1}{4}$ c. cold water

Put milk, sugar and salt in a double boiler. Mix cornstarch and cold water and when milk is heated, add to it. Stir until it thickens, remove from fire, add vanilla, pour into molds (rinse with cold water) and set aside to cool. Serve with cream, sweetened and flavored.

This pudding may be varied by adding a little melted chocolate or grated cocoanut. If desired, fruit may be added just before putting into mold.

INDIAN PUDDING

5 c. scalded milk	$\frac{1}{2}$ c. molasses or $\frac{1}{3}$ c. sugar
$\frac{1}{3}$ c. Indian meal	1 t. salt
1 t. ginger	

Pour milk slowly on meal, cook in a double boiler 20 minutes, add molasses, salt and ginger; pour into buttered pudding dish and bake 2 hours in a slow oven; serve with cream. Ginger may be omitted.

TAPIOCA CREAM

1 qt. milk	$\frac{1}{8}$ t. salt
$\frac{1}{3}$ c. granulated tapioca	2 eggs
$\frac{1}{2}$ c. sugar	1 t. flavoring

Scald the milk. Add tapioca, sugar, and salt. Cook 15 minutes, stirring frequently. Pour small portion of the mixture slowly over the egg yolks, slightly beaten, stirring vigorously. Return to double boiler and cook until mixture begins to thicken like custard. Remove from fire, and add flavoring. Fold in stiffly beaten egg whites. Chill and garnish with bits of jelly or fruit.

PRUNE PUDDING

2 c. cooked wheat cereal or	1 c. milk
canned whole wheat	$\frac{3}{4}$ c. sugar
1 c. prune juice	1 egg
1 c. prunes, cut in quarters	

Mix wheat cereal, beaten egg, sugar, liquid and prunes. Pour into baking dish and bake 20 minutes. Serve hot or cold.

APPLE SAUCE PUDDING

2 c. cooked graham mush	2 eggs
1 c. apple sauce	2 T. brown sugar
1 t. cinnamon	

Beat egg yolks and whites separately. Mix yolk and other ingredients. Fold in whites. Put in a buttered baking dish and bake in a moderate oven until brown. Serve with top milk.

RICE PUDDING

4 c. milk	1 T. rice
$\frac{1}{2}$ t. salt	$\frac{1}{4}$ c. sugar

Wash the rice. Add the other ingredients and pour mixture into a buttered baking dish. Bake slowly for two or three hours, stirring occasionally during the first hour of baking. Three-fourths cup of raisins may be added when the rice begins to thicken, if desired. If allowed to cook slowly, the mush thickens to a creamy consistency and the rice swells to several times its original size.

QUEEN OF PUDDINGS

2 c. crumbs	2 eggs
Few grains salt	$\frac{1}{3}$ c. sugar
1 qt. milk	$\frac{1}{4}$ t. nutmeg
$\frac{1}{2}$ c. raisins or currants	

Soak crumbs in milk. Beat eggs. Add other ingredients and the soaked crumbs. Bake in buttered baking dish (about one hour) in a slow oven. Test as for baked custard.